



**GREENSBORO
PARKS AND
RECREATION**

MainStream Resources Unit

2015 WINTER & SPRING PROGRAM NEWSLETTER

MainStream Resources Unit offers a variety of quality recreational programs and special events for individuals who have been identified as having special needs, including physical disabilities, developmental disabilities, and visual impairments.

VI WEEKLY PROGRAMS

Social Hour

All Ages. What is your favorite game? Join us in this weekly program to play cards and games while socializing and meeting new friends in a fun and friendly environment.

Lindley Recreation Center

Jan 26 – Apr 27 Mondays 10 – 11am

Bowling

All Ages. Get ready to roll! Each participant will have the opportunity to bowl two games each session. Ramps, bumpers, and rails will be available.

Triad Lanes – Fee: \$2 per game

Jan 27 – Apr 28 Tuesdays 10 – 11:30am

PD WEEKLY PROGRAMS

Bowling

All Ages. Get ready to show everyone your *incredi-bowl strikes*. In this weekly program we'll socialize, try to top our best scores and find adaptive equipment that enables us to be most successful.

Triad Lanes – Fee: \$2 per game

Jan 29 – Apr 23 Thursdays 10 – 11:30am

Chair Exercise & Strength Training

All Ages. This exercise program is designed to increase muscular strength, range of movement, and flexibility. Hand-held weights and elastic tubing are offered for resistance. Go at your own pace, high, low or just go with the flow. A strength training component is available with an instructor in the weight room.

Smith Senior Center

Feb 6 – May 1 Fridays 10 – 11am

DD WEEKLY PROGRAMS

GTCC After School

Must attend GTCC. Come join us in some after school fun! On Tuesdays, students are picked up at the GTCC Greensboro Campus to participate in scheduled activities. All participants are required to be picked up at 4:30pm at Smith Senior Center. We promote socialization and community awareness by attending movies, dining out, having fun and more!

Smith Senior Center – Fee: free unless noted

Jan 20 – Apr 28 Tuesdays 2–4:30 pm

Saturday Bowling

All Ages. If you enjoy bowling, we have a program that will be right up your alley! If you want to work on your game or just want to have fun, come join us for some non-stop excitement. Ramps and bumpers will be available. Note: Cost includes equipment rental and 10 days of bowling. *The 10 specific Saturday dates will be mailed to registered participants.*

Triad Lanes – Fee: \$40

Starting Jan 31st Saturdays 9:30–11:30 am



**WE OFFER
TRANSPORTATION!**

Selected MainStream Resources programs offer transportation for individuals who live within the city limits.

Because there are a limited number of seats on the bus, transportation is a first-come, first-serve policy. Participants can sign up for free transportation during registration.

VI OUTINGS

GOLDEN CORRAL BRUNCH

February 11 11 am–1 pm
Lawndale Drive

DOLLAR TREE SHOPPING

February 17 10–11:30 am
2723 Ring Road

LEXINGTON BBQ LUNCH

March 3 11 am–1 pm
Fee: \$3
Lexington, NC

FARMERS MARKET & MOOSE CAFÉ

April 8 10 am–12 noon
Piedmont Triad Farmers Market

BICENTENNIAL GARDEN WALK

April 13 10:30 am–12 noon
Bicentennial Garden

SPRING PICNIC

April 30 11:30 am–1 pm
Fee: \$3 (includes lunch)
Country Park, Shelter 9

PD OUTINGS

POPCORN FACTORY TOUR

February 5 11 am–12:30 pm
Fee: \$8 (includes tour fee)
Shallowford Farms Inc., Yadkinville, NC

HARBOR INN LUNCH OUTING

March 12 11 am–12:30 pm
Harbor Inn Seafood, Burlington NC

5 BELOW SHOPPING

March 25 10–11:30 am
Wendover Ave

GRASSHOPPERS GAME

April 22 10:45 am–1 pm
Fee: \$7 (includes admission ticket)
NewBridge Bank Park

SPRING PICNIC

April 30 11:30 am–1 pm
Fee: \$3 (includes lunch)
Country Park, Shelter 9

SPRING DANCE

Join us for a night of fun, friends and plenty of dancing. Bring your family and friends and prepare to have a good time!

All ages. Registration is not required.

March 24 6-8 pm

Glenwood Recreation Center

SPECIAL PROGRAMS & EVENTS

MODIFIED STRENGTH & CONDITIONING

Ages 16+. Physical activity is important for all ages and ability levels. This is a small group training session that includes a high level of coaching specific to individuals with all types of physical disabilities, that will get you fit and give independence in your life.

Griffin Recreation Center—Fee: \$25 (5 weeks); \$45 (10 weeks)
Starts Jan 26 Mondays, 6 pm and Saturdays, 11 am

TEEN CONNECTIONS

Ages 12-16. This program uses music activities to achieve social cognitive, motor, and communication goals.

Cultural Arts Center Room 121—Fee: \$150 (10 weeks)

January 22 – March 26 Thursdays 5:30 pm

For more information, call The Music Center at 336-373-2547 or visit the Allegro Music Therapy website at www.allegromusictherapy.com

BINGO

What could be more exciting than a fun filled morning of Bingo! There will be prizes, snacks, and lots of time with friends!

Peeler Recreation Center—Fee: \$1

Jan 30 Friday 10:30 am–12 noon

OPEN SWIM

Ages 18+. Let's go for a dip! Enjoy the pool no matter what time of year it is!

Smith Senior Center

March 18 Wednesday 10 am–12 noon

JUNIOR TRACKER WHEELCHAIR BASKETBALL

Age: 6-19yrs. A new wheelchair basketball team is coming to Greensboro and is looking for new players! You don't need experience of any kind. Wheelchair basketball is open to any youth with a physical disability. You don't have to use a wheelchair daily to play. We provide sports wheelchairs and all the equipment. Partnering agencies: Bridge II Sports and UNCG.

Lewis Recreation Center

Feb 21 Saturday 10 am–12 noon

FAMILY RHYTHMS

All Ages. Families are encouraged to attend to make music "together" in a relaxed and inclusive environment. Drums and hand percussions will be provided. Registration is preferred.

Cultural Arts Center

February 28 Saturday 2 – 2:45 pm

Leonard Recreation Center

April 25 Saturday 1 – 1:45 pm OR 2 – 2:45 pm

YOUNG ATHLETES EXPO

Ages 2-7. Young Athletes™ is a unique inclusive sport and play program for children of all abilities. This free expo provides early developmental opportunities for young children utilizing guided motor activities, organized play, and sports skill development.

Brown Recreation Center

March 28 Saturday 10 – 11 am



Camp Joy is a summer day camp for ages 5 and older of all abilities, including but not limited to developmental disabilities, physical disabilities, and visual and hearing impairments.

Camp Joy, located at Hagan Stone Park in Pleasant Garden, offers two three-week sessions for individuals with developmental disabilities and a one-week session for individuals with physical disabilities. Camp facilities include six cabins, multipurpose building, and arts and crafts shelter. Campers also have access to the Hagan-Stone Park facilities, which include accessible playgrounds, pool and nature trails. Camp Joy offers a wide variety of activities including arts and crafts, music, swimming, sports, and outdoor activities. Each summer, the camp hosts talent shows, dances, movie days, cook outs and theme weeks.

Session 1 June 22—July 10
PD Week July 13—July 17
Session 2 July 20—August 7

\$55/week

To request an application,
please call: 336-373-2626

REGISTRATION FORM

Notice: Some programs and special events have limited spaces. Registration is on a "first come, first served" basis.

Some of the MainStream Resources Unit programs listed in the flyer are suggested for certain age groups and disability classifications so the program can be geared to meet specific needs. However, we will make reasonable accommodations for any individual who desires to participate in a program not suggested for his or her age group or disability. The request must be made at least two weeks prior to beginning of the program. We also encourage family and friends to participate in our programs and other programs offered by Greensboro Parks & Recreation, when space is available. The City of Greensboro shares the goals of the Americans with Disabilities Act, which protects qualified individuals with disabilities from discrimination on the basis of disabilities and provides for equality of opportunity in the services, programs, activities and employment of the City.

PRE-REGISTRATION IS REQUIRED FOR ALL PROGRAMS.

Use one form per person. Make checks payable to "City of Greensboro". Do not send fee if event indicates participant is to bring fee on day of event. **PLEASE NOTE THAT PROGRAMS FEES WILL NOT BE ACCEPTED AT A PROGRAM SITE. YOU MUST MAIL OR BRING YOUR REGISTRATION FORM AND FEE TO MAINSTREAM RESOURCES OFFICE AT 1001 FOURTH STREET, GREENSBORO, NC 27405. ONLY CHECKS OR MONEY ORDERS WILL BE ACCEPTED.**

Name _____ Age _____ Gender _____

Parent/Guardian Name (if participant is a minor) _____

Address _____ State _____ Zip _____

Home Phone _____ Cell Phone _____ Email _____

Selected programs offer transportation for individuals who live within City limits, based on space available.

Would you like to sign up for transportation? ☐ Yes ☐ No

VI PROGRAMS	PD PROGRAMS	DD PROGRAMS	FITNESS	SPECIAL EVENTS & PROGRAMS
<input type="radio"/> Social Hour <input type="radio"/> Bowling <input type="radio"/> Golden Corral <input type="radio"/> Dollar Tree <input type="radio"/> Lexington BBQ <input type="radio"/> Farmers Market <input type="radio"/> Garden Walk <input type="radio"/> Spring Picnic	<input type="radio"/> Bowling <input type="radio"/> Chair Exercise <input type="radio"/> Popcorn Factory <input type="radio"/> Harbor Inn <input type="radio"/> 5 Below <input type="radio"/> Grasshoppers Game <input type="radio"/> Spring Picnic	<input type="radio"/> GTCC Afterschool Program <input type="radio"/> Saturday Bowling <input type="radio"/> Spring Dance	<input type="radio"/> Modified Strength & Conditioning <input type="radio"/> Strength Training	<input type="radio"/> Bingo <input type="radio"/> Open Swim <input type="radio"/> Jr. Tracker Basketball <input type="radio"/> Family Rhythms 2/28 <input type="radio"/> Family Rhythms 4/25 <input type="radio"/> Young Athletes Expo



Greensboro Parks and Recreation
MainStream Resources Unit
1001 Fourth Street
Greensboro, NC 27405
www.greensboro-nc.gov/mainstream

**GREENSBORO
PARKS AND
RECREATION**

Prsrt Std
US Postage
PAID
Permit #72
Greensboro, NC

Contact Us:

MainStream Resources Coordinator

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MainStream Resources Assistant Coordinator

Jessica Rosenblum

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office: 336-373-2735

To register please call:

336-373-2626

www.greensboro-nc.gov/mainstream

Upcoming Dates to Remember:

- January 30—Bingo
- February 21 — Jr. Tracker Recruitment Day
 - February 28 — Family Rhythms
 - March 18 — Open Swim
- March 28 — Young Athletes Expo



Programs Coming This Spring

- Adapted Archery Tournament
 - Start Smart
 - Para-lifting Club

WEEKLY
PROGRAMS
BEGIN
**JANUARY
26**



Camp Joy registration starts March 2nd!